

## **ABSTRACT**

The present invention provides a format for delivering a desired nutritional package in a firm, gelled delivery vehicle to a human host. The format contains a firm gelled delivery vehicle comprising a gum in an amount not less than about 0.15% by weight based on the total weight of all the components of the format; a package of nutritional ingredients containing at least one nutritional ingredient selected to provide a human host desired health benefits; and a liquid in an amount not less than about 60% by weight based on the total weight of all the components of the format; wherein the nutritional ingredients is interspersed and suspended in the delivery vehicle whereby a format for delivering a desired nutritional package is provided.